

Tatjana Gjurković i Tea Knežević

Little elephant is afraid of yelling and punishment

Illustrations:
Jelena Brezovec



Basic emotions:

FEAR

+

Advice for parents
and teachers

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Fear of criticism and punishment in children

This picture book deals with the fear and tension children develop if they are frequently criticized and punished.

Fear is one of the so-called basic emotions. They occur in all cultures and from the earliest age. By the end of the 6th month of life, a child expresses all four basic emotions (anger, fear, happiness, sadness).

Punishment is a method that is very often used in upbringing when adults want to teach a child which behaviour is not acceptable. In addition to specific forms of punishment, some children are also exposed to criticism. Criticism and praise have a very strong effect on a child's long-term sense of self-worth and self-esteem. Therefore, these methods should be used very thoughtfully and with a clear distinction in whether we criticize or praise the child's behaviour or them as a person (being). If a child is continuously exposed to criticism, fear can develop in the form of permanent tension and anxiety.

It's extremely important that parents, educators and guardians become aware of the power of praise and criticism, rewards and punishment, and that when applying these upbringing methods, they don't diminish child's sense of value, love and security.

This picture book contains a therapeutic story about an elephant who, due to her reckless behaviour, felt her mother's anger and the consequence in the form of punishment. The story will help your child recognize the emotion in themselves, name it and understand what happens when adults get angry.

However, this story may be most helpful to adults, to become aware of their own emotions and behaviours in moments of anger due to some action of their child. At the end of the picture book there are also tips for adults that will help you understand your child's emotional needs so that you can provide them with help and comfort, and the necessary sense of security.

Your soothing voice, the attention and the closeness you establish with the child you are reading to, is a big step on the path to your little one's healthy development.

Enjoy these moments together. ♥

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Hi! I'm a little elephant and they say I am very perky. I love dancing, running and singing and I can be very loud. And I love to jump in the water puddles! Do you like jumping in puddles too? That is fun, isn't it?!

But once my mother got angry with me because I was jumping in a water puddle. That made me sad because I was afraid that my mother didn't love me and didn't understand me.

Make yourself comfy and listen to my story...



Little, cheerful elephant lived deep in the savannah. She loved to play, jump around, sing and dance. Her favourite game was jumping into the water puddles.

That summer was terribly hot and there was also very little water to drink. Every puddle was precious and had to be saved, so all the animals would have enough water to drink. But little elephant didn't understand what it means to save water.

One day she saw a puddle full of water. She was very happy and ran towards the puddle as fast as she could.

– First my left leg, and then my right leg and then my trunk! – elephant was shouting cheerfully marching through the water puddle.

Then she took a deep breath, filled her trunk with water and splashed monkey, lion and zebra, her friends who were happily dancing around her.





– Elephant, what have you done?! – her mother asked. – Don't you know that we have so little water, and you shouldn't play with it?! What will your brother drink when he is thirsty?! So many times, have I said that we need to save water, and you're splashing around last drops like this?!

Little elephant was frightened, she looked down, her trunk hung down and she felt her heart pounding faster and faster. Her shoulders were tense, and her paws started to sweat.

Suddenly she saw her mother coming.
"Oh, no! Mum looks angry. I must have done something wrong!",
little elephant got scared.



– But I don't want to go out there, mum... – little elephant said quietly.
– I don't want to hear a word from you. Go there and bring some water immediately! – mum interrupted her, still being very angry.
– But monsters are living on the lake... – little elephant tried to explain.
– Enough! If you say just one word more, I will give you another punishment! – mum was determined, turned her back and left.

– I must punish you. You will take the bucket and go to the lake to bring some water for your brother! – mother ordered very strictly.